

Assessment of Current Health Habits

Check the health habits below that you think negatively affect your health.

- ☐ I don't drink enough water.
- ☐ I don't eat enough fruits and/or vegetables.
- ☐ I don't have a strength building regime.
- ☐ I don't stretch enough.
- ☐ I don't do enough aerobic activity.
- ☐ I eat lots of processed foods.
- ☐ I eat lots of sugar.
- ☐ I eat lots of fat.
- ☐ I eat often at fast food restaurants.
- ☐ I don't do regular preventive medical checkups and self-tests.
- ☐ I have untreated depression and/or negative attitude.
- ☐ I am stressed by finances.
- ☐ I drink too much alcohol.
- ☐ I don't wear a seatbelt.
- ☐ I don't have a strong circle of friends/family.
- ☐ I'm frequently stressed.
- ☐ My life isn't fun.
- ☐ I'm too busy.
- ☐ My house is crammed with junk so I can't find things.
- ☐ My personal relationships are stressful.
- ☐ I don't do preventive health checks and self-tests.

Select the top three negative health habits that you would like to improve or eliminate this year.

1.

2.

3.

Implementing 3 Healthy Habits (Worksheet)

"The indispensable first step to getting the things you want in this life is this:

Decide what you want." Ben Stein

What is your health theme for the year: (makes the process more fun)

What are the top 3 healthy habits (from page 1) you would like to implement or strengthen to improve your health?

1. _____
2. _____
3. _____

State these 3 health habits as measurable goals (e.g., drink 8-10 cups of water a day, walk 4 times a week for 30 minutes, stretch for 20 minutes 3 times a week, etc.)

1. _____
2. _____
3. _____

What are the biggest obstacles/barriers to implementing these three healthy habits? (e.g., not sure how to proceed, time, low energy, lack of support, no plan.)

1. _____
2. _____
3. _____
4. _____

One Year of Healthy Living (Worksheet)

3

How will you lessen or eliminate the impact of any barriers/obstacles to your success? (e.g., exercise with a friend, have a pre-measured pitcher for water on the desk or counter, pack 5 containers of veggie snacks for the work week, take a class)

1. _____
2. _____
3. _____